

# Ready, Set, Walk!



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## Week 5: Walking Tips & Food Facts

**HOW MANY CALORIES WILL I BURN WALKING?**

<i>Calories burned per hour at different body weights</i> <small>Source: <a href="http://hdcs.fullerton.edu/ewp/hpp/wff/caloric/">http://hdcs.fullerton.edu/ewp/hpp/wff/caloric/</a> .</small>					
<i>Walking</i>	110 lbs.	125 lbs.	150 lbs.	175 lbs.	200 lbs.
<b>Strolling:</b> less than 2 mph	100	114	136	159	182
<b>Moderate pace:</b> 3 mph	175	199	239	278	318
<b>Brisk pace:</b> 3.5 mph	200	227	273	318	364
<b>Very brisk pace:</b> 4.5 mph	225	256	307	358	409
<b>Moderate pace:</b> 3 mph, uphill	300	341	409	477	545

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Five</b>	<b>20</b> minutes	<b>30</b> minutes	<b>30</b> minutes	<b>20</b> minutes	<b>30</b> minutes	<b>20</b> minutes	<b>35</b> minutes

### Safety First

Walking outdoors is a great way to enjoy the spring weather while getting your exercise at the same time. Take note of the following safety rules to keep your outdoor walks trouble-free and enjoyable.

- Always walk in the direction of oncoming traffic and try to wear bright or reflective clothing. Drivers may not be on the lookout for walkers so making yourself visible is crucial.
- Walk with a friend or training partner. This not only increases your safety but provides you with extra motivation and competition.
- Carry an ID and cell phone in case of an emergency.
- Try to vary your routes and the time of day that you walk. This will keep you safer and make your walks more interesting.
- Finally, leave the headphones and MP3 player at home. It's important to be alert to your surroundings such as, traffic, dogs, or the sounds of other people around you.



## Busting Food & Beverage Myths

### Myth #1 - Only Fresh Fruits & Veggies Count

Canned, frozen and dried fruits and vegetables are just as nutrient-rich as their fresh counterparts. They contain vitamins, minerals, fiber, and powerful disease-fighting phytochemicals. (Easy on your food budget, too.)

Maximize nutrients by choosing canned fruits packed in juice or light syrup and plain frozen fruits/vegetables instead of those in calorie-laden sugar, cheese and butter sauce. Rinse canned vegetables to reduce sodium.



### Myth #2 - Only Plain Water Hydrates

All beverages hydrate because they are high in water content. Lemonade, milk, sports drinks, soft drinks, tea/coffee, juice and flavored/plain water all contribute toward hydration. Keep unnecessary calories under control by choosing low and no calorie varieties and 100% juices with no added sugar.

### Did You Know?

- Eight ounces of tomato/vegetable juice counts as *2 vegetable servings* for the day. Plus, it is rich in antioxidants, vitamins and minerals and provides valuable hydration.
- Reduced fat *chocolate milk* counts as a calcium-rich dairy serving with potassium and protein for post exercise recovery and provides valuable hydration.

